



Volleyball Program

Parent and Player Handbook 2017

"Therefore encourage one another and build each other up, just as in fact you are doing."

1 Thessalonians 5:11

ONE TEAM. ONE GOD. ONE GOAL.



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Season Calendar

Practice times can be found here: <http://lwlhsvb.wikispaces.com/>
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Program Information

Fundraising

The coach will do their best to provide fundraising opportunities for the players to fundraise to help offset the cost of attending the team summer camp.

Pictures

Team photographs will be taken after the season is underway immediately following a school day. Each player will receive an order envelope for pictures at practice with several options for purchasing. Players should be prepared the day of pictures with the proper game attire including uniform top, bottom, etc. The day of pictures will be announced after the season has begun.

Banquet

After the season has ended all players and their families will be invited to a banquet in celebration of the season for all teams. Families will be asked to provide one food item for the event, the type of food being divided up by grade level after the teams have been decided. As the date of the banquet is decided please mark this evening in your calendar as it is important for players to reflect on their season and to celebrate that with their families.

Team Managers

We are always looking for dedicated, reliable team managers. We have been blessed with amazing volunteers in the past and are always looking for those who would love to be involved in the program. If you know of anyone who loves the game of volleyball and might be interested, please let one of the coaches know!

Volunteering

There will be many opportunities to keep all parents and fans involved each season. As times come up throughout the season, please be open and willing to help our teams where volunteering is necessary. Thank you.

Team Policies

Line of Communication

This is one of the most important areas to emphasize. The line of communication will be strictly followed within our program.

If you or your daughter is having frustrations or problems of any kind, it is very important that your daughter speak to her coach as soon as possible (Matthew 18). If after speaking to the coach, your daughter does not feel like the problem has been resolved, then you as parents may contact your daughter's coach. You may contact us either by email or by phone. It will be determined at that time if a meeting to discuss the matter is necessary or if it can be discussed by the email or over the phone.

As a final note, we ask that parents not approach coaches before or after practices or matches about an issue unless a meeting has been scheduled. If the matter is related to a specific incident, match, or event, then we ask both players and parents wait until 24 hours after the specific incident, match, or event before contacting the coach.

Medical Forms

Several medical forms are required in order for a player to participate. The following forms are needed by the first tryout date of the season.

Freshman and Juniors need updated physicals to participate along with the following forms:

- Physical Examination
- Concussion agreement
- Dental Form
- Emergency Information

Sophomores and Seniors need to complete the following forms:

- Concussion agreement
- Alternate Year WIAA Permit

Here are ways you can access those.

1. Access the link (<https://www.plusportals.com/LWLHS>). Go to school forms (you do not need to log in)
2. Download the Living Word Lutheran app in the google play store or the App Store, go to forms, find desired form
3. Go to <http://www.lwlhs.com/Current-Students/Forms>

Tryouts/Schedule/Rosters/Playing Time

Tryouts begin on the first day the WIAA allows us to begin. Because the volleyball season is so pressed for time, our try-out schedule and practice times are set well ahead of time, and are pretty demanding. We ask that families respect the schedule, and arrange appointments, trips, etc. around the volleyball schedule. You can find the full schedule by following the link below: (insert link here)

Any player interested in playing high school volleyball must be present during the entire try out period in order to participate on a high school team. To be honest, this is not enough time to fully evaluate the talents of individual players, and to assess potential playing positions. Sometimes, there are changes that need to be made after the try-out time period has concluded.

Players will be selected for high school teams according to volleyball skill levels, looking for speed, agility, strength, and endurance during try outs. It is HIGHLY recommended that players wishing to play high school volleyball complete the Summer Strength and Conditioning Program (Summer Tough), as well as play and practice their skills as much as possible over the summer. There are many summer camps players can participate in, as well as a team camp. Players having versatility and athleticism are very valuable, so continuing to improve your skills whenever the opportunity arises is beneficial!

During the third day of try-outs, the coaching staff will determine what level of play is appropriate for each athlete. Players will be selected for a team at this time, however there may be movement between teams during the season. Our philosophy is that players should be on a team in which they will have the opportunity to participate fully. Because of this, the coaching staff will move players from team to team so that they have “match” experience during the season. Their opportunity to participate is determined through evaluation of attitude and performances during practices, scrimmages, and matches.

Playing time at the JV level will be as equal as possible, but will also be determined on performance, positioning, and how one contributes to the court. Playing time at the Varsity level will be determined by the level of competition, each player’s individual skills, and their ability to consistently contribute to the team’s success. Generally speaking, the higher the level of the team the more competitive it will be to have more playing time.

Practice

Practice is the time and opportunity for the athletes to work on their skills without worrying about outside influences. Because of this, practices are closed. Please understand that we are not trying to hide anything, just trying to limit distractions for everyone.

Practice Protocol:

- Be on time! Come early to be ready for the start of practice.
- No food or gum.
- No jewelry.
- Practice Attire: Spandex, or athletic shorts with a T-Shirt
- Hair: Out of face, pulled back.
- Water Bottles are filled and training room needs are performed before practice.
- Water Breaks will be taken as a team. They are NOT social time. When you have quenched your thirst, return to the court.

Absence from Team Practices and Activities

1. Excused Absences
 - a. An absence is excused if the player notifies the coach in advance and the coach approves the absence.
 - b. Absences are strongly discouraged as it disrupts team chemistry, drills, etc.
 - c. Excused absences include but are not limited to: family emergencies, medical emergencies, special academic opportunities, and once in a lifetime opportunities.
 - d. Illness or injury is not an excused absence unless a signed note from a doctor is provided to the coach. Injured players are expected to attend practice for rehabilitation and physical therapy.
 - e. Work is not an excused absence.
 - f. Athletes who miss the practice prior to a match must sit out at least one game of that match.
2. Unexcused Absence
 - a. An absence is unexcused if the player does not notify the coach before the absence occurs, or does not provide the proper written documentation indicating the reason for absence signed by the parent/guardian of that player.
 - b. If an unexcused absence occurs for a practice prior to a match, the player will not be allowed to play in at least one game of that match. If missing practices becomes habitual, then the coach and athlete will meet to evaluate the player's

commitment to the program. During this meeting, they will discuss possible solutions.

Varsity Letter

A varsity letter will be awarded to players who play and practice at the Varsity level for the majority of the season. These will be awarded at the end-of-season banquet.

Match Day/Travel Information

On the day of a home match, players are expected to dress-up as a representation of the volleyball program. This includes a dress, skirt, or dress pants. NO jeans and t-shirts; we want to represent our volleyball program in a high manor. JV1 Players will be required to run the scoreboard, book, and line judge for JV2 matches. Varsity Players will be required to run the scoreboard, book, and line judge for the JV1 matches.

On the day of an away match during the week players will be expected to change into FULL uniform (besides shoes) before leaving the school on the bus/van. Transportation will be required on the way to matches, and will be available for any player on the way back. If a parent chooses to take their player home, please inform one of the coaches so we can ensure everyone has safe ride back.

For tournaments or matches on the weekend, transportation is **not** provided. Players are expected to find transportation to and from the weekend's match or tournament. Please let a coach know if this becomes an issue during the season and we will work to resolve this.

Nutrition/Health

- On the day of a match/tournament, avoid pop, candy, concession food, fast food etc. Eating healthy and nutritious food before a match is vital to keeping your body in prime condition to be an athlete. Pack nutritious snacks to provide your body with the necessary energy.
- Drink WATER. Hydration as an athlete is key, as there are hundreds of calories being burned every day. However, avoid sharing water bottles or containers, as this leads to more easily spreading bacteria and viruses necessary to avoid.
- Get at least 8 hours of sleep each night.

- As an athlete you must continue to supply and support your body with food. Think of it as balancing the number of calories you burn with the number of calories you eat. Those numbers should match.

Team Awards

Team awards are: Most Valuable Player (MVP), Most Improved Player (MIP), and the Christian Leadership Award. These awards will be given at the end of the season Banquet. In addition, coaches will individually recognize each player for their accomplishments of the season.

Injury/Illness

Illnesses and doctor appointments related to a current injury or current illness are legitimate excuses for missing a practice or a match. Eye doctor, orthodontics, and other doctor appointments are **not**. There are days throughout the season when these can be taken care of, please plan accordingly.

If during the school day a player leaves school because of an illness, please leave a message with the coach via email, calling, or informing Coach Cutler at school.

Curfew

It is expected that players will make every reasonable effort to get eight (8) or more consecutive hours of sleep each night as a minimum amount. While the teams do not have mandated curfews, parents should monitor the player's night activities to ensure regular sleeping patterns are held to. With proper planning, any school, church, athletic, and social activities should not interfere with the need for sleep.

Picking Up Your Daughter

The coaching staff will never leave a player alone at school - we will wait until somebody picks her up. Because of this, we appreciate in advance your consideration for being prompt in picking up your daughter(s). Coming back from away games, players will be informed of when the bus/van is twenty minutes away from school so they are able to inform you on arrival time.

Chemical/Substance Abuse

Illegal chemical or substance use undermines the cohesion of a team, and indicates that players may be putting themselves before the team. Each player is expected to put the team first when confronted with situations that may have illegal chemicals or substances involved.

The consequences for use of illegal chemicals or substances will be expulsion from the team and other consequences as decided by the authorities and/or LWLHS.

Academic Eligibility

As an student athlete, student comes first. You will be expected to give priority to your schoolwork. However, your schoolwork should never be used as an excuse to miss a team event. A true student athlete will take care of schoolwork in a timely manner to be sure neither school nor athletes suffers.

Off Season Conditioning

At the conclusion of the volleyball season, players are encouraged to continue in alternate volleyball programs, whether on a CLUB team or from a different association, the more one plays volleyball the better one becomes. If you play another sport during the winter, we encourage full commitment to that sport. However, if you do not play CLUB or participate in another sport, Winter TOUGH at LWLHS will be required if a player wishes to participate in the volleyball program next season. It is vital as an athlete to stay in top condition. During the summer there will be open gym at LWLHS on Tuesday's, and there are also a number of sand teams that you can join as well. Summer TOUGH is also available to stay in top athletic condition. We will be in communication come Spring for all players interested in volleyball next year to continue discussion of the summer off conditioning activities.

The success of a season does not begin at the first day of tryouts.... It begins the first day the season has ended. Hard work earns high rewards!

"Each of us, if we would grow, must be committed to excellence and to victory, even though we know complete victory cannot be obtained, it must be pursued with all one's might. The

championships, the money, the color; all of these things linger only in the memory. It is the spirit, the will to excel, the will to win; these are the things that endure.” Vince Lombardi

Being an Athlete

Self Motivation

“You either have it or you don’t have it...and if you don’t have it... you’ve had it.”

“If you’re not fired with enthusiasm, you will be fired with enthusiasm.”

What makes a successful athlete?

Motivation is the key to success, and a self-motivation is the basis of all motivation. Every successful volleyball player has to be a self-starter. The coaching staff will help you find your hot button and help you learn how to use it. If the coaches have to motivate you every day in practice, every game, then we are in serious trouble.

What are the ingredients for becoming a self-motivated person and athlete?

First, you must have a strong belief. You must believe not only in yourself, but also in the people around you, the program, the people in the program, your teammates, and the coaches. Belief is the key to motivation. Belief in what you are doing and who you are doing it with is as important as believing in yourself. If you do not believe in yourself and the program, we can not be successful.

What it takes to be a Great Athlete

“No one can cheat you out of ultimate success but yourself.”

Being an athlete does not merely mean being a member of the team. There are many phases to think about if you want to be a winner in volleyball and in life as well. The following are a few qualities that are absolutely necessary in becoming a great athlete.

Are you coachable?

The worst thing that can be said about a player is that she is uncoachable. A player must be able to take coaching and listen to instruction. Will you always do your best and strive to improve? Do you accept constructive criticism well? Do you try to compare yourself to other players? Do you make excuses for your performance?

“It’s what you learn after you know it all that counts.”

Are you possessed with the spirit of competition, which fires an intense desire to win?

No one has ever achieved greatness without having the burning desire to win. Do you want to win with passion and as a team? Does it bother you to lose?

“A perfectionist fails every time. It’s the excellist that never stops getting better.”

Are you willing to practice?

Not just reporting to practice and putting in the necessary time, but working everyday with the same enthusiasm and determination you use in a volleyball match. Great athletes have one speed, and it should be the same everyday, full speed, every practice, and every match. Do not just work on the things that you are good at or come easy to you. Spend the majority of your practice time on the things that are difficult for you. If you quit during a drill or during practice, you will quit when it counts most- it becomes habit. We don’t want players who quit. We want 100% out of every individual. We must establish a “never quit” attitude in everything that we do.

“Winning isn’t everything, the effort to win is.”

Are you willing to make sacrifices?

Conditioning to play is not fun. It is not easy. Training is exacting; the responsibility is heavy because in volleyball each one must do it individually on her own in the off-season. It is rough, and includes personal denials in order to remain in good condition that will allow you to execute a good pass to dig, a good serve, a good set, a good attack or block, and winning a match. When you are fatigued, you rationalize. You make decisions poorly, and you make excuses in your mind. You say to yourself, “I’m too tired, I can’t do this, I’ll quit, I’ll loaf, hopefully no one will notice.” When this happens, you become a coward. When you don’t use your abilities to the fullest, you’re cheating yourself and your teammates. The only way to remain in good shape is to never get out of it. The importance of hydration, nutrition, and rest are important variables throughout the season and year.

“Fatigue makes cowards of us all”

Do you have the abilities to think under fire?

Can you concentrate on the work to be accomplished at the moment? Can you shut out of your mind a previous failure, success, or personal insult in order to give your undivided attention to the here and now? Can you check your personal baggage at the door? Matches are won by what is happening now at this moment. Good athletes play every phase of the game 100% in the

moment. Good athletes play in the moment and play with poise. Learn from mistakes and move on.

“Physical strength will make the opponent weaken, and mental toughness makes them crack.”

Rule of Conduct

We don't expect nor need a lot of rules, but coaches expect you to conduct yourself on knowing how to look and act. The coaches will help and develop you to look and act like ladies, to have good manners, to be punctual, and to be humble. We want you to play, behave, and act like Christians. This is vital to do so in all aspects of your life, not just volleyball.

Conditioning

We are going to stress conditioning, believing a better-conditioned athlete can beat a superior skilled athlete who is not in top shape. If a 75% player plays 15% over her ability, and a 100% player slogs around and plays 15% under her ability, then the 75% player will win every time. All of us, regardless of skill or talent, will play all out on every rally, always giving 100%. We want to build a reputation of being the best-conditioned athletes. We want to take pride in winning every third or fifth game of a match.

School

School should be the highest priority in your life, besides God and your family. If you fail in school, it is certain that you will fail in volleyball as well. Being successful in school does not only mean passing your classes, but should mean passing with above average grades. As a team we should want to receive an award for team academic achievement.

Maturity

Some players who are not quite capable of sustained playing time on varsity should not get discouraged as they may develop into a regular some day. We as coaches have an obligation to develop all players with the expectations that they will fit into key roles on a team. All players have the obligation to work diligently toward their development. You must continue to work toward your maturity as a person and player, while maintaining a positive attitude towards the team. If you cannot commit to this going into the season, then you should reconsider going out for the team the coaches will try to communicate with you in identifying what role you will play and the skills you need to work on. If you have questions about your role, always talk to your coach.

Being part of a Team

Being chosen to become a member of the Living Word Lutheran High School Volleyball Program is a privilege, not a right, as a member of the team, there is inherent responsibility. You

have chosen to make a commitment to the program, your team, your teammates, and your coaches. You have chosen to put the welfare of the team before our own welfare. You have chosen to put the goals of the team before your individual goals.

Ten Commandments for Parents with Athletic Children

- 1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.**
- 2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.**
- 3. Be helpful but don't coach them on the way to the gym or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often-critical instruction.**
- 4. Teach them to enjoy the thrill of competition, to always be giving 100%, to be working to improve their skills and attitudes. Help them to develop the feel for competing, giving a maximum effort, for having fun.**
- 5. Try not to relive your athletic life through your children in a way that creates pressure; you dropped the ball too, you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure them because of your lost pride.**
- 6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.**
- 7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within hearing.**
- 8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership.**
- 9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreaching.**
- 10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and takes a lot of effort to do it well. It is worth all the effort when you hear your child say "My parents really help encourage and support me in athletics."**

LWLHS Volleyball Expectations

An LWLHS Volleyball Player is well-rounded...

Volleyball will place extra demands on you to bring about positive outcomes. You must own these demands as part of being an LWLHS volleyball player, and the minimum standard to which you hold yourself.

Step 1 - STUDENT EXPECTATIONS

1. Excel in all classes, at all times - Students with "F's" will not be LWLHS Volleyball Players.
2. Be Prompt – Your timeliness is expected and shows you care. On time means ready to go 5 minutes early.
3. Be a Positive Example - Be respectful of all, and a servant to all. Be a LEADER in Chapel, the hallway, classroom and in the community. Substance abuse, inappropriate behavior and foul language will not be tolerated! Remember WHO you represent at all times: CHRIST ABOVE ALL as well as LWLHS.



Step 2 - PLAYER EXPECTATIONS

1. PRESENCE – All practices, all games, all team functions. Give attentiveness and eye contact. Be part of something great each day. There are few, if any, reasons to miss or be late to a practice or game. If a conflict arises, communicate early (a phone call, not just a text at the last second).
2. RESPONSIBILITY – Complete TEAM responsibilities before personal ones. Know your role and perform it with pride.
3. PREPAREDNESS – For all circumstances. Have appropriate gear for practice/games. Get enough sleep, eat right. Make sure your body is ready for competition in practices and games.
4. EFFORT – HUSTLE at all times. As a general rule if you have to go more than three steps, RUN! Do what is asked of you to the best of your God-given ability. Work hard and see it payoff.
5. ACCOUNTABILITY – Accept responsibility for actions and outcomes. Excuses won't be accepted. No whining, no arguing, no complaining.
6. HONESTY - Report injuries to Coach and then trainer. Recognize there is a difference between soreness (hurting) and injury (pain) and we can help diagnose that, so you can be a benefit to your team.

7. LOYALTY – To your team. Treat them as you would want to be treated and speak teammate to teammate if you have a problem (Matthew 18). Build others up at all times, even when angry or disappointed! Never be critical of a teammate in public.
8. TRUST – We're all in this together. Pull in one direction with Teammates and Coaches. Be prepared so others can trust *you*.
9. RESPECT – God. Parents. Officials. Opponents. Teammates. Coaches. No exceptions...

Program PHILOSOPHY

1. Our purpose is to have a quality learning experience and develop as Christians.
2. We want to learn to transfer the values of the sport into the Christian lifestyle: to handle individual responsibility for the sake of the group and self, to share team responsibility, to value positive group support, and respect teammates, coaches, and others.
3. You represent your team, self, coaches, parents, school, and most importantly God. Make sure your actions reflect positively on and off the court. In all you do, may it bring glory to God.
4. We must attempt to excel at everything we do. Do not be satisfied with anything less in class, practices, or games. Use your God-given talents to their fullest and never underestimate the potential you have.

Coaches Contact Information:

| | | |
|---------------|----------------|----------------|
| Coach Walker: | C-262-573-1130 | W-262-377-6610 |
| Coach Cutler: | C-406-212-3219 | |

Information Response

I understand and support these expectations as valuable for myself and the team. I understand that failure to meet these expectations may result in disciplinary action (i.e. – dismissal from practice, games or team suspension). I will uphold these expectations.

Athlete's Signature: _____

I recognize my daughter's commitment and hope to be an encouragement in my daughter's growth.

Parent's Signature: _____

*Please fill out the following information so we can
stay in touch with you...*

Player Name _____ Player Cell _____

Parent Name _____ Parent Phone _____

Parent Name _____ Parent Phone _____

Family Email _____

Player Birthdate _____

Parents

Just a few questions related to any involvement you might want to have with our program...

I am willing to be called on when needed for help...

- | | | |
|--|-----|----|
| 1. I am willing to help with the Team Banquet | YES | NO |
| 2. I am willing to host or assist a team social gathering or meal. | YES | NO |
| 3. I am willing to help in another capacity... | YES | NO |
| Please Specify: | | |